

# Eureka Community Health Services

**Avera** 

2022

COMMUNITY HEALTH NEEDS ASSESSMENT

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## Executive Summary

During 2021 and 2022, Eureka Community Health Services Avera conducted a community health needs assessment for the residents of Eureka and the surrounding rural area of McPherson County. The Eureka hospital's beginnings date back to 1928 when it opened as a charitable funded facility operated by the community of Eureka. In 1996, the Presentation Health System and St. Luke's Hospital signed a management agreement with the Eureka Community Hospital and in 1998 the Eureka Community Hospital became Eureka Community Health Services Avera. The hospital is governed by a local Board of Trustees and has a management agreement with Avera St. Luke's, which provides shared administrative and support to the Eureka hospital. Eureka Community Health Services Avera is proud to be celebrating more than 90 years of health care service and is committed to responding to the community's ever-changing health care needs.

Eureka Community Health Services Avera is a four-bed critical access hospital located in north central South Dakota. The Eureka hospital is located in McPherson County, one of the counties in South Dakota with the highest percentage of its population over the age of 65 at 28 percent according to the US Census Bureau, Quick Facts April 2020. The Eureka hospital is located 75 miles from the nearest tertiary hospital in Aberdeen, S.D. and takes great pride in providing as many services as possible locally especially given the aging population the hospital serves. From 2019 to 2021, 84 percent of the Eureka hospital's discharges were patients 65 years of age or older. Current payer mix is 78 percent Medicare.

The Avera community is guided by the gospel values of compassion, hospitality and stewardship. The Eureka Community Health Services Avera mission is "to provide quality, accessible healthcare to the residents in our region". The Eureka hospital recognizes the elements of compassion, respect, justice, and hospitality in carrying out this mission. Our vision is "to become recognized as the facility of choice in assisting citizens through the various levels of care our region offers to meet their healthcare needs."

Although conducting a community health needs assessment is an IRS requirement, the awareness of needs, through data collection and collaboration with community leaders and members, aligns with the hospital's mission and vision of improving the health of people in McPherson County and the surrounding areas. This process provides direction for prioritizing our future strategies in developing community driven goals.

Eureka Community Health Services Avera defines its primary service area as McPherson County. Hospital discharge totals range from 72 to 97 annually at the Eureka hospital and approximately 90 percent of the hospital's admissions are from McPherson County. The service area includes the towns of Eureka, Leola, and Long Lake. The hospital also serves a portion of Campbell County, in which the community of Herreid resides as well as McIntosh County which is across the border in North Dakota. Although predominately Caucasian, there are subgroup populations of Native Americans, Blacks, Filipinos, and Hispanics. There are also three Hutterite Colonies within the county as well.

Data collection for the Eureka hospital's Community Health Needs Assessment began in the fall of 2021. Our objectives are:

- To recognize health related concerns of community leaders and members.
- To identify common themes that can be prioritized for follow up.
- To develop strategic plans that can be undertaken with action from Eureka Community Health Services Avera and community partners.
- To take steps that will improve the health and lives of members of our community.

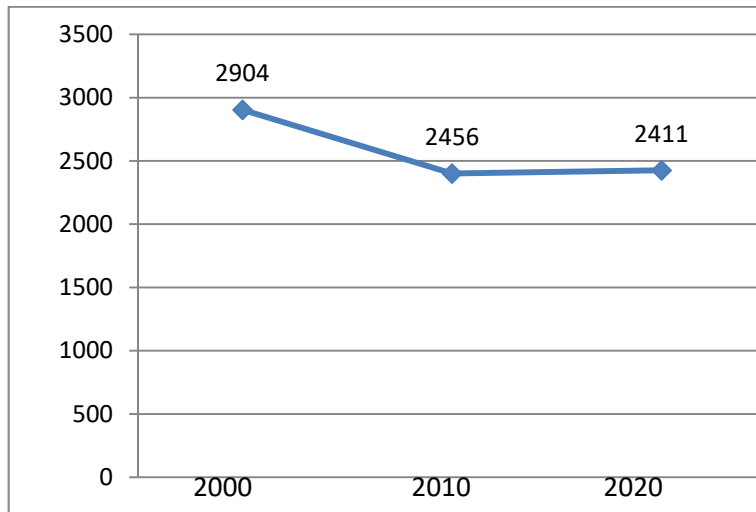
### Description of Community Served by the Hospital

Eureka Community Health Services Avera serves the residents of McPherson County. 90 percent of the hospital's discharges originate from McPherson County. McPherson County has a total area of 1,152 square miles and is located on the northern border of South Dakota adjacent to North Dakota.

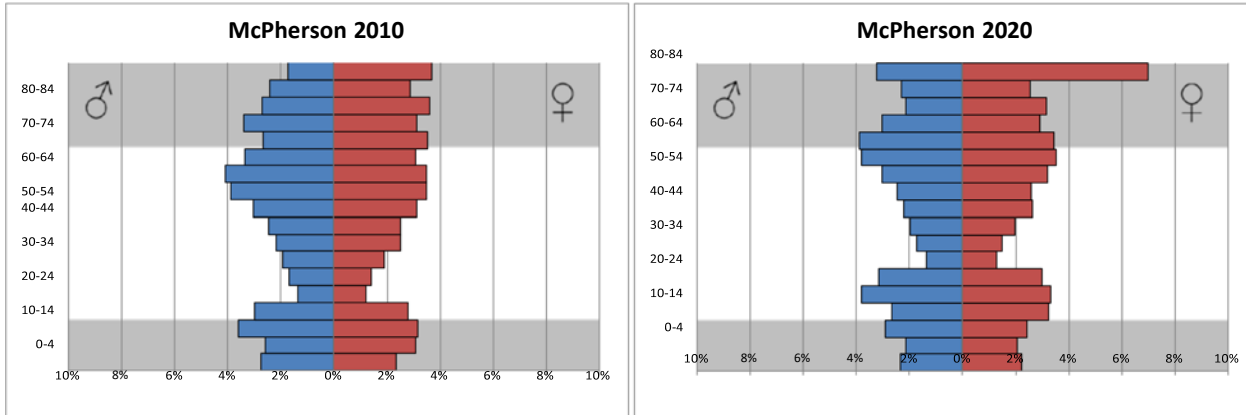


According to the US Census Bureau 2020, there are 2,411 people and 1,441 households residing in the county. The population density is 2 people per square mile (1/km<sup>2</sup>). There are 1,405 housing units at an average density of 1 per square mile (0/km<sup>2</sup>).

The population of McPherson County has declined in the past 2 decades. From 2000 to 2010, the population declined by 15%. From 2010 to 2020, the population declined by 2%. The city of Eureka experienced a 4% decline in population from 2010 (868) to 2020 (813).



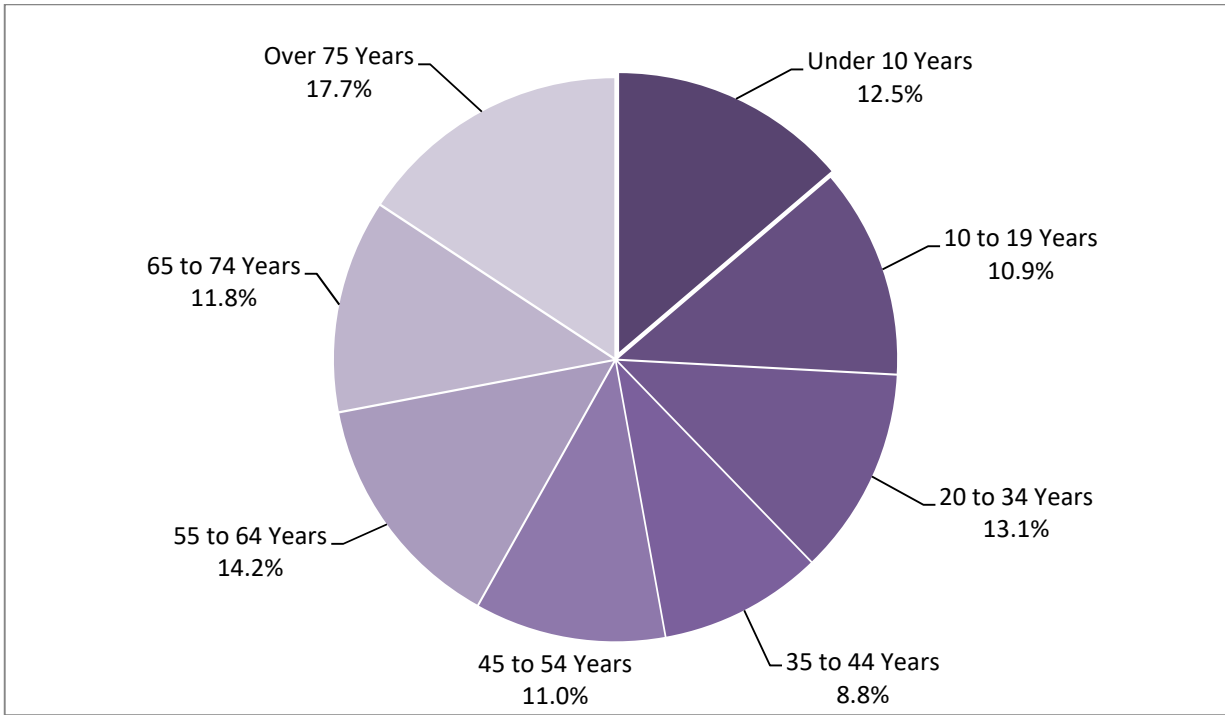
In 2010, 30 percent of the county’s population was age 65 and over. Traditionally, age demographics for a county would resemble a pyramid, wide at the bottom representing people in their younger years and narrow at the top representing the older population; however, this is not the case in McPherson County. The age and gender charts below for McPherson County clearly show the outmigration of young people and the larger aging component of the population. Such demographic trends create unique challenges for a community.



McPherson County (2010)						McPherson County (2020)							
age cohort	total		males		females		Age Coho	Total		Male		Female	
	#	%	#	%	#	%		#	%	#	%	#	%
0--4	126	5.12	68	2.77	58	2.36	0-4	103	4.55	53	2.32	50	2.23
5--9	140	5.69	64	2.60	76	3.09	5-9	94	4.17	48	2.12	46	2.05
10--14	167	6.79	89	3.62	78	3.17	10-14	120	5.33	65	2.89	55	2.43
15--19	143	5.82	74	3.01	69	2.81	15-19	134	5.91	61	2.68	73	3.23
20--24	63	2.56	33	1.34	30	1.22	20-24	161	7.11	86	3.79	75	3.32
25--29	76	3.09	41	1.67	35	1.42	25-29	139	6.15	72	3.17	67	2.98
30--34	94	3.82	47	1.91	47	1.91	30-34	60	2.63	31	1.37	29	1.26
35--39	115	4.68	53	2.16	62	2.52	35-39	72	3.18	39	1.71	33	1.47
40--44	122	4.96	60	2.44	62	2.52	40-44	89	3.93	44	1.96	44	1.97
45--49	152	6.18	75	3.05	77	3.13	45-49	109	4.82	50	2.20	59	2.62
50--54	182	7.40	96	3.90	86	3.50	50-54	114	5.04	56	2.45	59	2.59
55--59	187	7.60	101	4.11	86	3.50	55-59	141	6.21	68	3.01	72	3.20
60--64	159	6.47	83	3.38	76	3.09	60-64	166	7.34	86	3.81	80	3.52
65--69	153	6.22	66	2.68	87	3.54	65-69	166	7.32	88	3.90	78	3.43
70--74	161	6.55	84	3.42	77	3.13	70-74	135	5.95	69	3.04	66	2.91
75--79	156	6.34	67	2.72	89	3.62	75-79	120	5.30	48	2.14	72	3.16
80--84	130	5.29	59	2.40	71	2.89	80-84	110	4.86	52	2.31	58	2.55
85+	133	5.41	42	1.71	91	3.70	85+	231	10.21	73	3.23	158	6.98
	2459	100	1202	48.88	1257	51.12		2262	100	1088	48.10	1174	51.90

Source: SDSU Rural Life and Census Data Center -- [www.sdstate.edu/soc/rlcdc/index.cfm](http://www.sdstate.edu/soc/rlcdc/index.cfm)

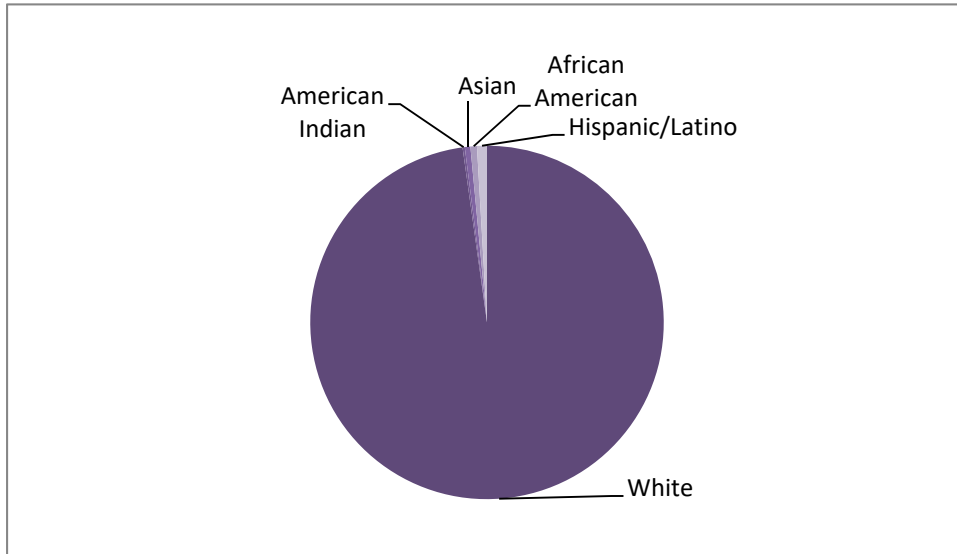
**McPherson County 2019 Population by Age**



Age Range	Number / Percent
Under 10 Years	287 / 12.5%
10 to 19 Years	251 / 10.9%
20 to 34 Years	302 / 13.1%
35 to 44 Years	201 / 8.8%
45 to 54 Years	252 / 11.0%
55 to 64 Years	327 / 14.2%
65 to 74 Years	271 / 11.8%
Over 75 Years	406 / 17.7%

### Census 2020 Race Data

The racial/ethnic composition for McPherson County is predominately White (97.2% White, .3% American Indian, .4% Asian, .7% Black or African American and 1.6% Hispanic of Latino).



Source: U.S. Census Bureau; Quick Facts Population Census April 1, 2020

### Economic Landscape

The economy in McPherson County has remained relatively stable. The unemployment rate in McPherson County was 4.1 percent in August 2021 according to the SD Department of Labor. The statewide average at that same time was 2.6 percent. According to the U.S. Census Bureau Quick Facts, the median household income for McPherson County was \$44,574 (in 2019 dollars) and the proportion of persons living below the Federal Poverty Level was estimated at 19.5%.

There are approximately 1441 occupied households in McPherson County. The average household size was 2.09.

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## Community Health Needs Assessment Process and Community Input

Quantitative data was gathered from the U.S. Census Bureau, South Dakota Department of Health, Office of Health Statistics, SD Department of Labor and the SDSU Rural Life and Data Center.

Qualitative data was collected from focus groups. Each group was asked a series of questions and the information was tabulated by a recorder. Careful consideration was taken when establishing the focus groups to ensure the hospital's community health needs assessment included input from persons who represent the broad interests of the community including medically underserved, low-income and minority populations.

Five focus groups were conducted in October and November. One focus group included retired community leaders, business owners and farmers/ranchers. Another focus group consisted of three local clergy. The third focus group consisted of medical providers including MD and Physician Assistants. The fourth focus group consisted of nursing home administrator/CEO of medical facility and the hospital board of trustees. The fifth and largest focus group consisted of 14 volunteer EMTs that are actively involved in the community and with our organization. This focus group included the ambulance squad president, the county coroner, teachers, business owners, farmers and medical personnel.

In addition to the focus groups, several key informant interviews were also conducted to determine pressing community issues. These included the county sheriff, the city finance officer and the director of nursing at Eureka Community Health Services. The Eureka Community Health Services Avera Home Health/DSS Homemaking Director was interviewed to gather input on the needs of the elderly in the community. The McPherson County Public Health Nurse was also asked the series of questions utilized in the primary data collection. Both of these individuals have special knowledge and expertise in public health and know and understand the needs of the most vulnerable and those most impacted by health disparities.

No questions or comments were received from any individual regarding our Community Health Needs Assessment or Implementation Strategy that was completed in 2019.

Questions utilized for the primary data collection were as follows:

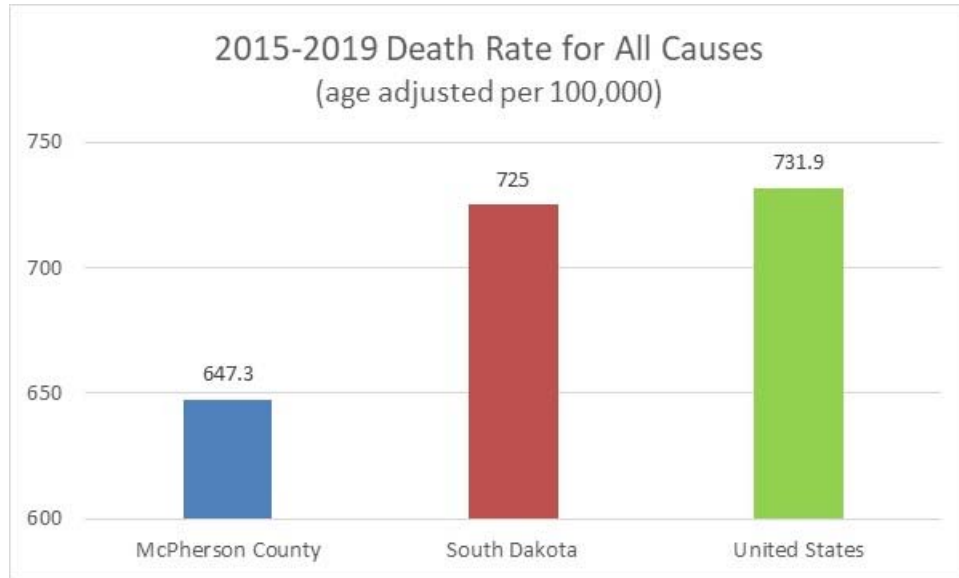
- What health care services are most important to you?
- What is the most pressing health related need facing our community or you and your family?
- What do you view as strengths of health and wellbeing in our community?
- If you could add one aspect of health care in McPherson County, what would it be and why?

Secondary data collection included research of McPherson County demographics and health related statistics and obtaining reliable data through internet research. Sources of this data include U.S. Census Bureau, County Health Rankings & Roadmaps, US Department of Health and Human Services, and South Dakota Department of Health.

### Prioritized Significant Community Health Needs

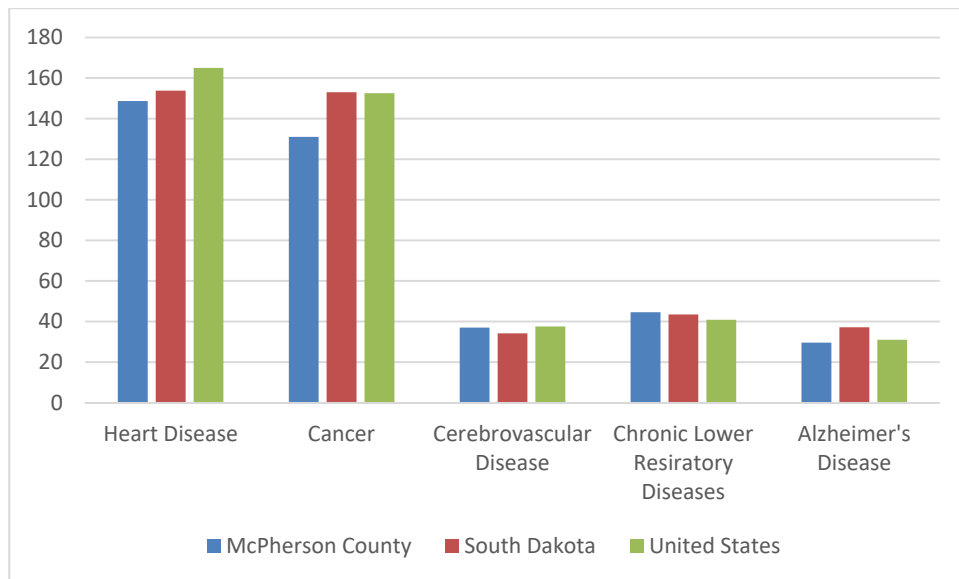
The health needs identified through the quantitative and qualitative information collection process were analyzed and prioritized. In examining quantitative data, the following trends were noted:

- Mortality rates for McPherson County are lower than state and national averages.



Source: South Dakota Department of Health, Office of Health Statistics

- Leading causes of death follow state and national trends with Heart Disease and Cancer accounting for nearly half of the deaths. The next three leading causes of death in McPherson County were Cerebrovascular Disease, Alzheimer’s Disease and Chronic Lower Respiratory Disease.



Source: South Dakota Department of Health, Office of Health Statistics (Mortality rates are age-adjusted death rates per 100,000 population)



Prioritization is an important process for determining what should be done to address identified health needs of the community. Information from the focus groups and interviews as well as the secondary data were all reviewed to determine community health needs. Common themes were identified. Factors considered when prioritizing the community health needs included availability of solutions and the likelihood of success, impact of the health problem on the community, availability of resources to address the problem, urgency of the problem and the number of individuals affected by the problem. The following were identified as the top priorities:

- Recruitment of Providers
- Technology enhancements/expand e-consult services
- Education on Health Care Services

### **Health Resources**

McPherson County is a federally designated Frontier area and carries a federal Medically Underserved Area designation. Statistically, access to healthcare in South Dakota is of significant concern. While the national benchmark for uninsured adults is 10 percent, South Dakota measures at 12 percent while McPherson County is at 13 percent according to US Census Quick Facts October 2021.

The following healthcare resources are located in McPherson County:

Eureka Community Health Services is the only acute care facility in McPherson County. The hospital offers inpatient and skilled swing bed care, endoscopic services, emergency services, rehabilitation therapies (PT, OT, and Speech Therapy), dietary consultation, laboratory, radiology (including general radiologic services, CT scan, MRI, mammogram, bone density scan, ultrasound), and Cardiac Rehab. Several specialty clinics are held at the hospital including sleep studies and wound care along with an eight-exam room clinic.

One physician and two physician assistants offer comprehensive medical care to adults and children and are full-time family practice physicians on call 24/7. Another physician assistant participates in rotating weekend coverage.

Northeastern Mental Health provides counseling in the community with offices at the Eureka school.

A public health office is maintained in McPherson County through an alliance contractual agreement between Eureka Community Health Services Avera, McPherson County and South Dakota Department of Health. Some of the services include Women, Infant and Children (WIC), school health, immunizations, and baby care education. The WIC program provides nutritional counseling, monitors hemoglobin, assesses height and weight and makes referrals. The nurse reviews immunization records, does screenings for hearing, vision and scoliosis. The nurse educates parents, children and teens about immunizations, childhood diseases, hazards of smoking and drugs, safe sleep for infants, benefits of breast feeding and general child safety. This education is done at the schools and other speaking engagements.

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McPherson County has one Nursing Home, Avera Eureka Healthcare Center, which offers skilled, intermediate and assisted living care. As well, there is also an Assisted Living Center located within the local hospital campus.

Eureka also has a pharmacy and a volunteer ambulance department. Chiropractic services are available twice a week.

### **Evaluation of impact**

Based on the 2019 CHNA, Eureka Community Health Services Avera's Implementation Strategy focused on the following items:

1. **Recruitment of Providers:** The 2019 strategy was to focus on the recruitment of an MD and/or PA. A PA joined the team in late 2019. However, one physician retired in 2020 and the remaining part-time physician is looking to retire within the next 2 years. Therefore, this will continue to be a focus in the future.
2. **Education and prevention of heart disease:** Screening opportunities were provided (Stroke Screening and Direct-to-Consumer lab testing) each year. Articles on heart disease were published in the Health Happenings section of the local newspaper throughout the year. The Cardiac Rehabilitation Phase 2 program continues at ECHS Avera. Referrals are received through local clinics. The fitness center at the school provides equipment to support fitness programs after Cardiac Rehab is completed.
3. **Recruitment of EMTs:** First Responder Classes and EMT courses are provided via video conference and guest lectures. The number of EMT's has increased but they are always continually recruiting for more EMT's so there is less call time since it is only a volunteer service.

Slight adjustments were necessary to the Implementation Strategy mentioned above due to the Covid-19 pandemic. The biggest shift was cross training/moving staff to prepare for patient surges, reviewing/updating infection protocols in all areas of the facility, and securing equipment/supplies to care for all patients during the pandemic. Outpatient services such as PT/OT, Cardiac Rehab, and Endoscopy halted for four months in 2020 due to visitation restrictions. Knowing all your community resources and tapping into them as needed was critical during this time as evidenced by the following example.

An elderly person near Eureka became ill at her home with COVID-19. The person's neighbors/friends offered care as best they could until they became ill as well. The caretakers called the hospital with grave concerns about the person who needed a local physician. A Physician Assistant called the local Community Transit bus driver and asked her to go to the person's home, and bring the person to the hospital for treatment. The patient was admitted to the hospital. After treatment was complete, the PA called the local grocery store and ordered groceries for the person. The Community Transit bus driver picked up the groceries and then took patient home.

Virtual clinic visits were offered in April 2020 with face-to-face visits open once again in July 2020.

Another notable statistic was a 70% increase in swing bed days in fiscal year 2021 relative to Covid-19 recovery time. This limited acute care bed availability especially with limited admissions to long term care facilities.

**Next step**

An implementation strategy will be developed to accomplish the goals listed below, and that strategy, along with this CHNA summary, will be submitted to the Eureka Community Health Services Avera Board of Trustees for approval:

- a. Recruitment of Providers
- b. Technology enhancements/expand e-consult services
- c. Education on Health Care services

This assessment summary is available on the Avera website at:

[www.avera.org/about/community-health-needs-assessments/](http://www.avera.org/about/community-health-needs-assessments/)

A copy may also be obtained by contacting the administrative staff of Eureka Community Health Services Avera.

**Board Approval**

This report was prepared for the Eureka Community Health Services Avera Board of Trustees and approves the most recent Community Health Needs Assessment.

Eureka Community Health Services Avera Board of Trustees Approval:

Wayne Lutz Pres.  
By Name and Title

1-25-22  
Date